



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mary Penfold (58y) 

has successfully competed in
Ice Swimming Volendam

zwembad De Waterdam Edam/Volendam

18-Jan-2020

50m Freestyle in 01:00.57 minutes

Overall 3rd / Age Group (55-59y) 1st

Category Women

Open Water Course

Water 6.70°C, Wind Chill 5.00°C, 52.51° N

N-ICE Swim (>5°C)



Ram Barkai
IISA Chair

Netherlands
Chair & Board

